

FUNCTIONAL JUGGLING WORKSHOP CONCLUSION DOCUMENT

CIRQUEON – Prague, Czech Republic, September 17-21 2018

**Project: CIRCE – Cooperative for Information and Research on
Circus Education**

**Tutors: Craig Quat ([Quat Props](#)), Adam Jarchovský a Kateřina
Klusáková ([CIRQUEON](#))**



CIRQUEON hosted training for circus tutors and social workers focusing on adapting juggling and other circus props for people with physical disabilities.

The concept followed the theories, practice, and facilitation methods of juggling theoretician, Craig Quat. Functional Juggling is the terminology used to describe juggling like activity that is intentionally designed to develop and promote health benefits, rather than skill level. In this approach juggling skills are developed and can be the main focus, but the key factor of Functional Juggling is that it serves a function or purpose beyond that of juggling alone.

Also, the workshop was a continuation of previous cooperation between CIRQUEON and [Jedličkův ústav a školy \(Jedle\)](#) – Prague's School for Children and Young People with Physical Disabilities which started in 2015 within Educircation network. To learn more about the first workshop please read a study "[Circus in Jedle](#)" written by Adam Jarchovský that was published by CIRQUEON in 2016.



The workshop explored some of the cultural misunderstandings of juggling and used science to identify truths in the message, meaning, and nature of juggling. By redefining the activity, we could create and express more freely with juggling and were able to welcome more diverse groups of people into our juggling community. Quat Props has achieved this goal and much more. Topics of theory for the workshop included,

- Introduction and background on the developing works of Craig Quat and pioneering new field of Functional Juggling.
- Identification and redefining of what it means to juggle. The separation of expression from experience.
- Improving the accessibility of juggling through a re-design of traditional learning models. Craig Quat's method of 5-step juggling. Linear vs. None-Linear approaches.
- Formulated findings of Quat Props theory of cognitive process formations of juggling. Quantifiable and programmable theory that applies to categorised structure of all potential motor sequences that induce a juggling like state of activity in the mind.
- Demonstration, modelling, and practice of non-verbal facilitation methodologies with the Juggle Board.

The ability to fully transform juggling activities into any form of desired expression, makes it highly compatible for therapeutic adaptation and this workshop empowers you to share the skills and knowledge needed to do so. Presentation of material focused around juggling, but cross-disciplinary in practice was encouraged. Juggling serves as the model for explaining and understanding how to look at obstacles and turn them into opportunities.





After an introduction of Functional Juggling to the workshop participants, they were encouraged to come up with their own new ideas in building props for the other participating groups– students of Jedličkův ústav a školy, Prague's School for Children and Young People with Physical Disabilities.

The circus tutors and social workers divided their daily working time between practical teaching in Jedličkův ústav a školy, building props in a wood workshop in Vrané nad Vltavou (30 minutes by train from Prague) and discussions on the concept of Functional Juggling and its possible use in their home countries in the circus school (CIRQUEON).

DAILY PROGRAMME OF THE WORKSHOP

MONDAY 17TH SEPTEMBER

INTRODUCTION TO CIRQUEON AND ITS ACTIVITIES

INTRODUCTION TO FUNCTIONAL JUGGLING

VISIT TO JEDLE

BRAINSTORMING

TUESDAY 18TH SEPTEMBER

CIRCUS LESSON WITH STUDENTS OF JEDLE

BUILDING PROPS IN THE WOOD WORKSHOP

EVALUATION OF THE DAY

WEDNESDAY 19TH SEPTEMBER

BUILDING PROPS IN THE WOOD WORKSHOP

CIRCUS LESSON WITH STUDENTS OF JEDLE

BRAINSTORMING ON HOW THE PROPS WERE USED

EVALUATION OF THE DAY

THURSDAY 20TH SEPTEMBER

CIRCUS LESSON WITH STUDENTS OF JEDLE

BRAINSTORMING ON HOW THE PROPS WERE USED

FINISHING PROPS IN THE WOOD WORKSHOP

EVALUATION OF THE DAY

FRIDAY 21ST SEPTEMBER

FINISHING PROPS IN THE WOOD WORKSHOP, IF NEEDED

CIRCUS LESSON WITH STUDENTS OF JEDLE

EVALUATION OF THE LESSONS AND PROPS WITH STUDENTS AND TEACHERS OF JEDLE

EVALUATION OF THE WORKSHOP WITH CIRCUS TUTORS AND SOCIAL WORKERS

GOODBYE BOWLING SESSION

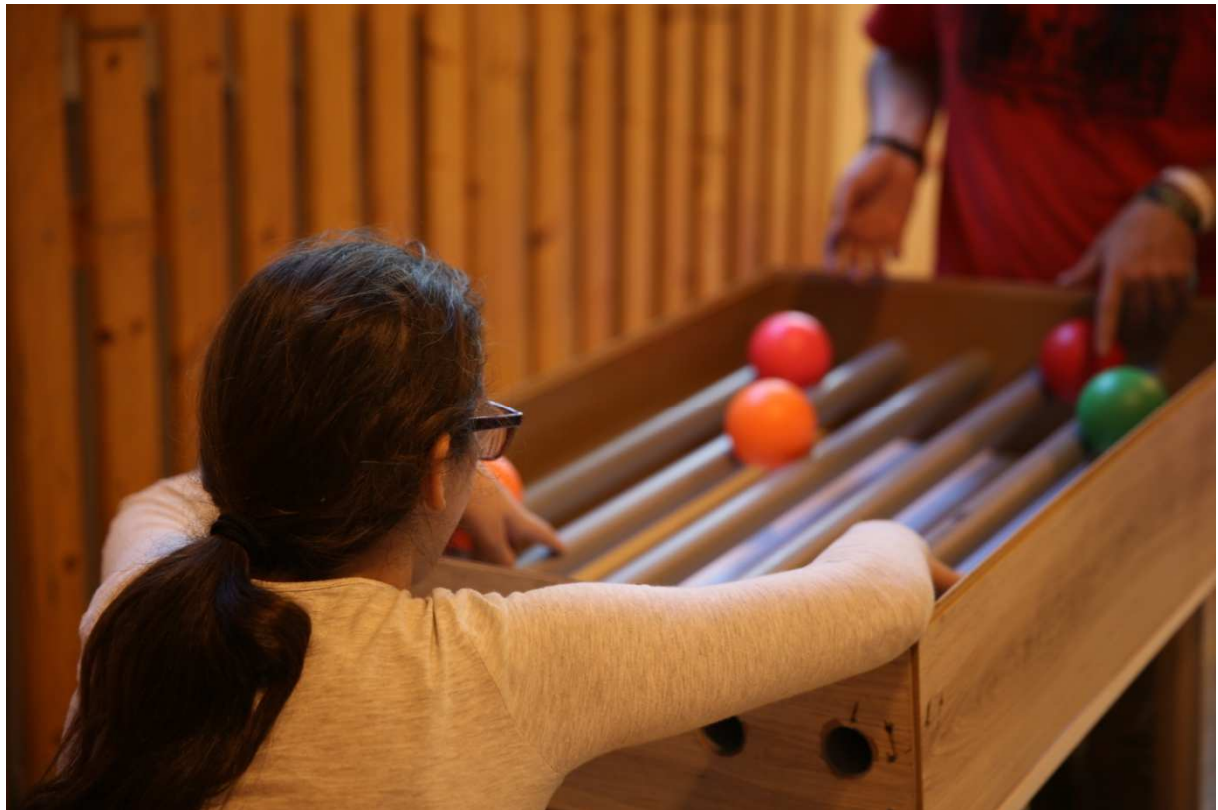
Photos from creation of the new props:





And the new props in practice:







FEEDBACK FROM THE WORKSHOP

FEEDBACK OF THE WORKSHOP LEADERS AND CIRQUEON

We were very happy with the workshop and the combination of theoretical part presenting the concept of Adaptive Juggling Toys, the practical part of building toys in the workshop and testing the new ideas with a group of children directly. The timing of five days was very challenging though. It would have been nicer to have more time for each of the three segments. We were also losing time with transfers of people and equipment between venues but since there is no workshop at CIRQUEON, there was no other way to do it.

For CIRQUEON we are also seeing the strengthening of the cooperation between us and Jedličkův ústav. We can see that the trust given to us by the management and teachers from the schools grows every time we come to work with the children. And we are glad that the enthusiasm, love and diversity brought by the visiting participants from six other countries brought even bigger excitement to everyone at the school.

FEEDBACK OF THE SCHOOL

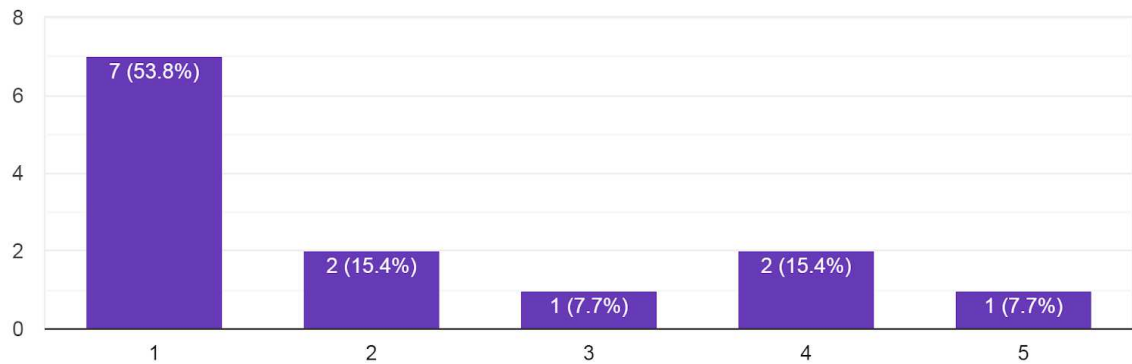
The teachers and students both enjoyed the workshops. This was the third time we came to organise circus workshops so they already knew what to expect. The feedback given on spot by the students was very enthusiastic; they would have liked having circus classes in their school regularly. The teachers observed that some of the students who tend to avoid sports activities or use some parts of their bodies during normal classes were lively participating in circus activities because they were absorbed in the fun so much they were not aware of performing movements that are usually difficult for them.

FEEDBACK OF THE PARTICIPANTS

Even though the participants were not very experienced in Adaptive Juggling prior to the workshop – see in the following chart (in all charts the number 5 is the highest, most agreed with):

What is your experience in teaching Adaptive juggling?

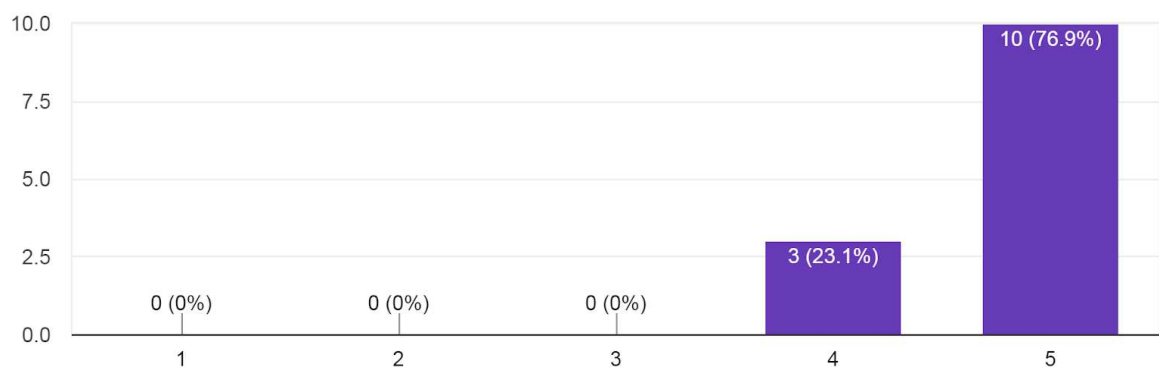
13 responses



Most of them stated they learned a lot during the workshop and were confident they will use the learning in their future work:

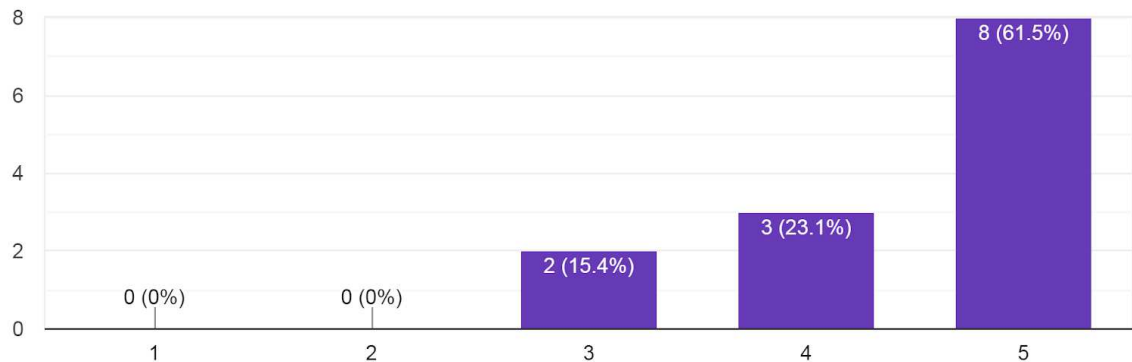
How have you improved your knowledge by participating in this workshop?

13 responses



Do you think you will use Adaptive juggling in your profession?

13 responses

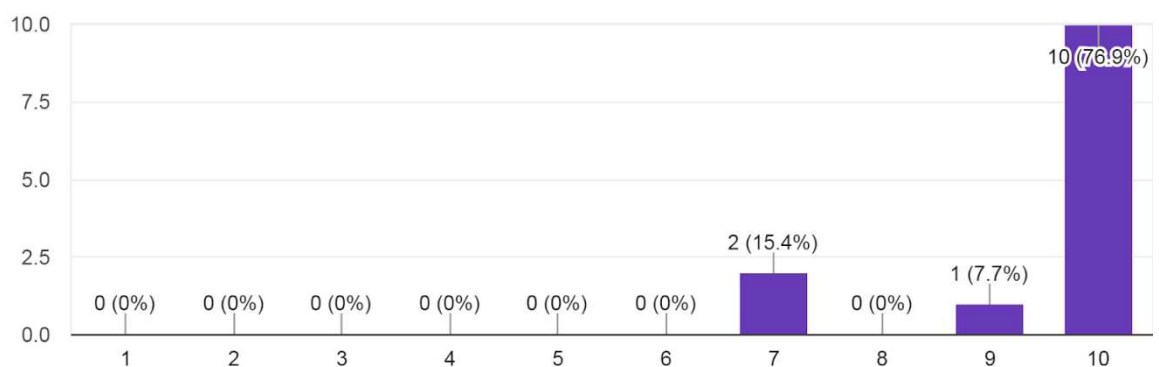


Participant: *"As I work with disabled people the new approaches to working with them will be going into use straight on next Monday. My workplace is still stuck too much to medical, laboratory based thought models and ideas from this seminar are a good tool to break that model and make the work more humane."*

They also liked the workshop content and style of teaching of the workshop leaders:

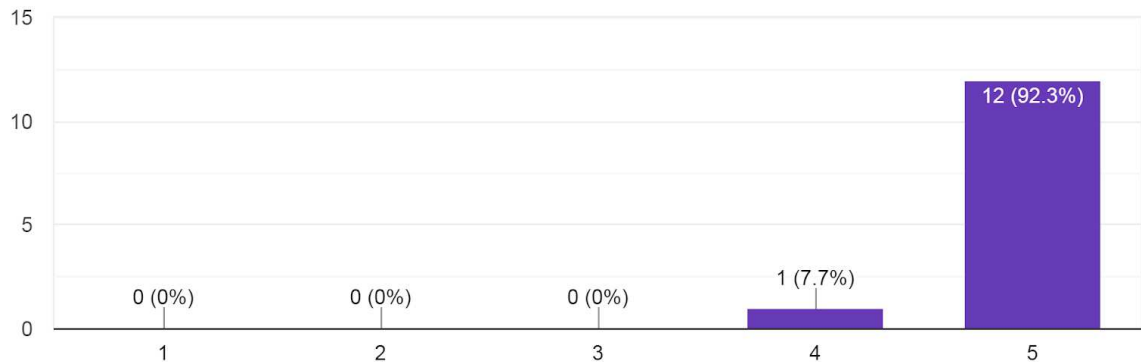
The workshop material was presented in a clear and organised manner?

13 responses



What was the quality of teaching?

13 responses



They were in general happy with the organisation and logistics of the workshop. The hostel was considered a noisy (due to railroad passing behind) by some of them but its location was good. And same as us, they would have preferred to have the workshop longer than five days.

Participant: *„Cirqueon is a wonderful place with a lot of wonderful people. Bara, Katka, Adam, thank you for everything again!!! You made it super easy to go through this week. We got all the information we needed about everything. You were flexible with the schedule and found a way to make it the way it perfectly fits for the group. I was satisfied. For food we had a lot of options, a lot of suggestions and we always found the food we wanted“.*

Participant: *„I have never been to any exchange program before, so I have no reference point. I really enjoyed the week. Maybe more time for building would have been good, but I can't think of any other time that I would trade for it. So maybe a 2 week long workshop? :D But in all I was very satisfied with everything, I'm pleased and very grateful for the experience. Thank you!“*



CIRQUEON is grateful for having the opportunity to organise this workshop thanks to Educircation network and its funding of Erasmus+

The group of circus educators and social workers that met in Prague in September 2019 was special and we enjoyed having them here with us.

Thank you.